TEAM FITNESS METER

Instructions: To the left of each item is a scale for your responses. Take a minute to think about each item and the extent to which it describes your group. Is this statement *true* (T), *more true* (MT), *more false than true* (MF), or is it *false* (F)? Check the appropriate box to record your opinion.

Т	МТ	MF	F	TEAM DIRECTION
				We are clear about what the Michigan S3 initiative expects from our team.
				Our team has a vision of what we would like to accomplish in the long term (what we hope ultimately happens as a result of our work).
				3. Our team's vision inspires us.
				Our team has identified a set of specific objectives (or goals) to which we all are committed. (What, specifically, we plan to accomplish)
				5. The goal of our group is more important than individual needs/goals.
				6. We know how our team's objectives (or goals) will be measured.
				7. We work <i>together</i> to accomplish our team objectives (goals).
Т	МТ	MF	F	UNDERSTANDING/RELATIONSHIPS
T	MT	MF	F	8. I understand my own strengths and weaknesses— where I make a valuable contribution to the team and where I may need help.
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T	MT	MF	F	 I understand my own strengths and weaknesses— where I make a valuable contribution to the team and where I may need help. I understand the strengths and weaknesses of my team members — how they contribute to the team and where they might need help. Our team culture includes a high level of trust where team members can speak honestly and openly without judgment. Team members feel free to bring forward problems that may affect the team's performance.

Т	MT	MF	F	ACCOUNTABILITY
				12. We have a set of operating agreements that guide how we work together.
				We have decided how we will deal with failure to live up to our operating agreements.
				We have agreed on what decision-making process we will use to make team decisions.
				 When our team makes a decision, all group members support the decision.
				Our team uses a standard team meeting agenda format with structures that move the team to action.
				Each group member's role is clear so there is no duplication of effort or things falling through the cracks.
				17. We have an ongoing list of action steps (tasks) and know who is doing which team tasks by what date.
				18. Team members follow through on their assigned tasks.

Notes: